

We Claim:

1. A sporting good comprising:  
sequence indicia disposed thereon including at least one figure  
demonstrating an action to take with the sporting good;  
the figure being shown in a sequence of positions representing the action  
5 whereby a person can view the sequence indicia, and learn and practice the  
action.
2. The sporting good of claim 1 wherein the sequence indicia includes  
secondary indicia showing how to distribute and transfer weight during the  
action.
3. The sporting good of claim 2 wherein the figure includes a representation  
of arms and legs, and the secondary indicia includes shading disposed on the legs.
4. The sporting good of claim 3 wherein the secondary indicia includes light  
shading to indicate even weight distribution, and dark shading to indicate primary  
distribution.
5. The sporting good of claim 1 wherein the good is a ball.
6. The ball of claim 5 wherein the ball is one of a basketball, a football, a  
playground ball, a volley ball, and a soccer ball.

7. The sports ball of claim 5 wherein the action to take with the ball is one of passing, kicking, dribbling, catching, shooting, throwing, serving, digging, and spiking the ball.
8. The sporting good of claim 4 including a legend explaining the shading.
9. The sports ball of claim 5 including a legend explaining the action.
10. The sporting good of claim 1 further including hand placement indicia disposed on the good indicating desired hand placements on the sporting good for handling the sporting good.
11. The sporting good of claim 10 further including at least one legend explaining the hand placement indicia.
12. The sporting good of claim 1 further including strike indicia disposed on the sporting good indicating a desired manner of striking the good.
13. The sporting good of claim 12 further including at least one legend explaining the strike indicia.
14. The sporting good of claim 1 further including catching indicia indicating

a desired manner for catching a sporting good.

15. A method for using a ball having indicia disposed thereon including a figure shown in a sequence of positions demonstrating an action to take with the ball, the method including the steps of:

Observing the indicia;

5 Studying the teachings of the indicia; and

Performing the action shown by the indicia.

16. A method for instructing a person in the use of a sports ball including the steps of:

imprinting upon the ball indicia including a figure shown in a sequence of positions, and

5 demonstrating with the sequence an action to take with the ball whereby a person can practice the action.